



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 19109, Candies, KIT KAT Wafer Bar

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	1.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Energy	kcal	518	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	2169	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein ¹	g	6.51	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Total lipid (fat) ¹	g	25.99	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Ash ¹	g	1.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Carbohydrate, by difference	g	64.59	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary ¹	g	1.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Sugars, total ¹	g	48.68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sucrose ¹	g	40.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glucose (dextrose) ¹	g	0.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fructose ¹	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Lactose ¹	g	8.21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Maltose ¹	g	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Galactose ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Starch ¹	g	10.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Minerals													
Calcium, Ca ¹	mg	125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Iron, Fe ¹	mg	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Magnesium, Mg ¹	mg	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Phosphorus, P ¹	mg	135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Potassium, K ¹	mg	231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Sodium, Na ¹	mg	54	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Zinc, Zn	mg	0.09	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu ¹	mg	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Manganese, Mn ¹	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Selenium, Se ¹	µg	5.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Thiamin ¹	mg	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Riboflavin ¹	mg	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Niacin ¹	mg	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Pantothenic acid ¹	mg	0.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Vitamin B-6 ¹	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Folate, total ¹	µg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Folic acid ¹	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Folate, food ¹	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total ¹	mg	31.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine ¹	mg	6.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 ¹	µg	0.56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Retinol ¹	µg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Carotene, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Cryptoxanthin, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Vitamin A, IU	IU	81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Lycopene ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Lutein + zeaxanthin	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Tocopherol, gamma ¹	mg	4.13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Tocopherol, delta ¹	mg	0.22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	5.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Lipids													
Fatty acids, total saturated	g	17.953	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2003
4:0 ¹	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
6:0 ¹	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
8:0 ¹	g	0.502	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
10:0 ¹	g	0.508	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
12:0 ¹	g	4.913	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
13:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
14:0 ¹	g	1.748	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 ¹	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
16:0 ¹	g	4.978	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
17:0 ¹	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
18:0 ¹	g	4.802	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
20:0 ¹	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
22:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
24:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Fatty acids, total monounsaturated	g	5.844	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2003
14:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
15:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
16:1 undifferentiated ¹	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
17:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
18:1 undifferentiated ¹	g	5.696	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
18:1 c ¹	g	5.596	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t ¹	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
20:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Fatty acids, total polyunsaturated	g	0.895	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2003
18:2 undifferentiated ¹	g	0.821	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
18:3 undifferentiated ¹	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
18:3 n-3 c,c,c (ALA) ¹	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
18:3 n-6 c,c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2003
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
20:5 n-3 (EPA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Fatty acids, total trans	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2004
Fatty acids, total trans-monoenoic	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2004
Cholesterol ¹	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Amino Acids													
Tryptophan ¹	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Threonine ¹	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Isoleucine ¹	g	0.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Leucine ¹	g	0.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Lysine ¹	g	0.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Methionine ¹	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Cystine ¹	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Phenylalanine ¹	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Tyrosine ¹	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine ¹	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Arginine ¹	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Histidine ¹	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Alanine ¹	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Aspartic acid ¹	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Glutamic acid ¹	g	1.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Glycine ¹	g	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Proline ¹	g	0.650	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Serine ¹	g	0.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2004
Hydroxyproline ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Caffeine ¹	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003
Theobromine ¹	mg	116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2003

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD